



## Sour Cream-Honey Fruit Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup cream sour
- 1 tablespoon honey
- 1 tablespoon orange juice
- 4 medium cranberry-orange relish peeled
- 3 medium banana sliced
- 1 cup strawberries cut in half
- 1 cup grapes green seedless cut in half

### Equipment

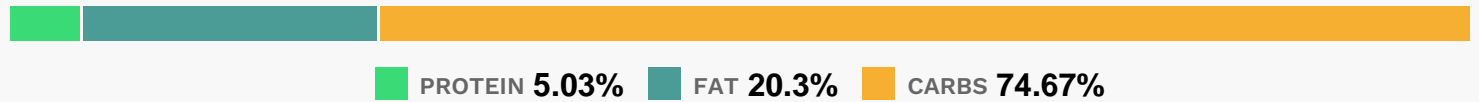
bowl

## Directions

In large bowl, mix sour cream, honey and orange juice until smooth.

Add oranges, bananas, strawberries and grapes; toss gently to mix.

## Nutrition Facts



## Properties

Glycemic Index:28.76, Glycemic Load:8.52, Inflammation Score:-4, Nutrition Score:6.0073913193267%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 14.48mg, Hesperetin: 14.48mg, Hesperetin: 14.48mg, Hesperetin: 14.48mg Naringenin: 8.1mg, Naringenin: 8.1mg, Naringenin: 8.1mg, Naringenin: 8.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 101.08kcal (5.05%), Fat: 2.48g (3.82%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 17.92g (6.52%), Sugar: 14.52g (16.14%), Cholesterol: 6.78mg (2.26%), Sodium: 4.47mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 40.87mg (49.54%), Fiber: 2.61g (10.44%), Vitamin B6: 0.19mg (9.35%), Manganese: 0.18mg (8.91%), Potassium: 291.32mg (8.32%), Folate: 27.8µg (6.95%), Vitamin B1: 0.07mg (4.95%), Magnesium: 19.11mg (4.78%), Vitamin B2: 0.08mg (4.77%), Vitamin A: 227.29IU (4.55%), Copper: 0.08mg (4.04%), Calcium: 38.47mg (3.85%), Vitamin B5: 0.32mg (3.18%), Phosphorus: 30.71mg (3.07%), Vitamin K: 2.87µg (2.74%), Vitamin B3: 0.49mg (2.44%), Vitamin E: 0.24mg (1.63%), Selenium: 1.13µg (1.62%), Iron: 0.28mg (1.55%), Zinc: 0.16mg (1.09%)